

# Take 5 steps to wellbeing readiness ruler



If you are considering making a change in your life in some way then you are more likely to be able to achieve this if it is something you really want to do and you feel confident in being able to do it. Mark how you feel about this right now on the scales below. Think about why you have rated it this way and whether there are things that would help increase this.

## How important is it for me to do this?

Not at all important

Somewhat important

Extremely important

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## How important is it for me to do this?

Cannot do at all

Maybe can do

Definitely can do

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>